

**Claims:**

1. A method of anchoring a fitting to a base member comprising forming a cavity in the base member, the cavity opening from a surface of the base member, locating at least a part of the fitting within the cavity, and entering a plug-element having a bore therethrough into the cavity for retention within the cavity, the plug-element when entered into the cavity plugging the cavity-opening to trap said part of the fitting within the cavity with a portion of said part in register with said bore.
2. A method according to Claim 1 wherein the fitting has a portion that extends into said bore from under the plug-element in the cavity.
3. A method according to Claim 1 wherein the fitting is for securing an item to the surface of the base member, the fitting having a screw thread aligned with said bore for engagement by a screw-threaded member in securing said item to the base member.
4. A method according to Claim 3 wherein the fitting has an internally-threaded tubular portion that projects into said bore from under the plug-element.
5. A method according to Claim 4 wherein the tubular portion extends the length of said bore to open at, or above, the surface of the base member.
6. A method according to any one of Claims 1 to 5 wherein a base of the fitting is located on the bottom of the cavity under the plug-element, and the base of the fitting and the underside of the plug-element are engaged with one another to restrain the fitting from turning relative to the plug-element.
7. A method according to Claim 6 wherein the underside of the plug-element is recessed, and the base of the fitting is a flange that is inset within the recess when the plug-element is entered into the cavity.
8. A method according to Claim 7 wherein the flange is of an elongate configuration and the recess is of a substantially conformal configuration for restraining the fitting from turning relative to the plug-element.
9. A method according to any one of Claims 1 to 8 wherein the plug-element is retained within the cavity by adhesive.

10. A method according to Claim 9 wherein surplus adhesive is dispersed from the cavity via channels in the plug-element.
11. A method according to any one of Claims 1 to 10 wherein the plug-element is of the same material as the base member.
12. A method according to any one of Claims 1 to 11 wherein the material of the base member is a mineral material.
13. The combination of a fitting and a plug-element for anchoring the fitting to a base member in accordance with the method of any one of Claims 1 to 12.
14. A fitting anchored to a base member as the product of the method according to any one of Claims 1 to 12.
15. A fitting anchored to a base member, wherein at least a part of the fitting is located within a cavity that opens from a surface of the base member, and a plug-element having a bore therethrough is retained within the cavity, the plug-element plugging the cavity-opening to trap said part of the fitting within the cavity with a portion of said part in register with said bore.
16. A fitting according to Claim 15 wherein a portion of the fitting extends into said bore from under the plug-element in the cavity.
17. A fitting according to Claim 15 wherein the fitting has a screw thread aligned with said bore for engagement by a screw-threaded member in securing an item to the base member.
18. A fitting according to Claim 17 having an internally-threaded tubular portion that projects into said bore from under the plug-element.
19. A fitting according to Claim 18 wherein the tubular portion extends the length of said bore to open at, or above, the surface of the base member.
20. A fitting according to any one of Claims 15 to 19 wherein a base of the fitting is located on the bottom of the cavity under the plug-element, and the base of the fitting engages with the underside of the plug-element for restraining the fitting from turning relative to the plug-element.

21. A fitting according to Claim 20 wherein the underside of the plug-element is recessed, and the base of the fitting is a flange that is inset within the recess.
22. A fitting according to Claim 21 wherein the flange is of an elongate configuration and the recess is of a substantially conformal configuration for restraining the fitting from turning relative to the plug-element.
23. A fitting according to any one of Claims 15 to 22 wherein the plug-element is retained within the cavity by adhesive.
24. A fitting according to Claim 23 wherein the plug-element includes channels for dispersing surplus adhesive from the cavity.
25. A fitting according to any one of Claims 15 to 24 wherein the plug-element is of the same material as the base member.
26. A fitting according to any one of Claims 15 to 25 wherein the material of the base member is a mineral material.